East Wind

Divine Guidance

Facing east, standing hands open at our sides, ask Great Spirit/ God for Divine Guidance in living your purpose today with ease and grace. Then raise your hands overhead in acceptance of this guidance.

Chakral Ceremony:

Place your right hand an inch or two above your crown chakra, and move it in small circles, feeling the energy flow back and forth. You can stay here (and in each following position) enjoying the sensation as long as you wish.

Keeping the right hand at the crown, move the left hand in front of your 3rd eye chakra (the forehead) and do the same thing - moving in small circles until we become aware of the energy flowing.

Keeping the left hand at the third eye, move the right hand from the crown to the throat chakra, repeating the circles.

Continue this process, leap-frogging the hands through the heart chakra, solar plexus, abdomen/sacral and root chakras.

Then reach down as far as is comfortable towards the ground, and slowly roll back up, swinging your hips underneath us you rise, reaching overhead, arms opening like a flower blooming, head tipped gently back, heart lifted high as far as you are able, saying, "I live my purpose, knowing I bless all the universe with my loving attention".

Standing straight hands in prayer position, take four deep breaths, saying with each one; "I recognize God's guidance, I am at peace."

In Gratitude, hold your hands on your heart space, and vocalize an "Om" - the vibration of the universe. The sound of creation.

Northern Earth

Fully supported

Turning to the north, we ask Great Spirit to supply all we need to fulfill our divine purpose today. In happiness we raise our hands overhead in acceptance of this support.

Perform the chakral ceremony. Enjoy the vibration of contentment.

Continuing on, reach down and roll back up, arms opening like a flower blooming, heart lifted high, saying, "I share this support, knowing I bless all the universe with my loving attention".

Standing straight, hands in prayer position, take four deep breaths, saying with each one; "my needs are met, I am at ease."

In Gratitude, hold your hands on your heart space, and vocalize an "Om". the vibration of the universe. The sound of creation

Western Waters
Unconditional Love

Turning to the west, we ask for help recognizing the unconditional love that Great Spirit/God has for us. We raise our hands overhead in acceptance of this love.

Perform the chakral ceremony; enjoy the vibration of being cherished.

Reach towards the ground and roll back up, arms opening overhead, saying, "I share this love, blessing the universe with my attention.

Standing straight, hands in prayer position, take four deep breaths, saying with each one; "I am loved, I am cherished."

In Gratitude, hold your hands on your heart space, and vocalize an "Om". the vibration of the universe. The sound of creation.

Southern Sun
Healing

Turning to the south, we ask Great Spirit/God for healing and renewal of every cell of our being, body and soul. We raise our hands overhead in acceptance of this healing.

Perform the chakral ceremony; Enjoy the vibration of healing.

Reach towards the ground and roll back up, arms opening overhead, saying, "I share this healing, knowing I bless all the universe with my loving attention".

Standing straight, hands in prayer position, take four deep breaths, saying with each one; "I am healed, I am whole."

In Gratitude, hold your hands on your heart space, and vocalize an "Om". the vibration of the universe. The sound of creation.